

Smoking is the
biggest cause of
preventable disease
and premature death



Smoking is the biggest cause of preventable disease and premature death . There are five times more people killed by smoking than by road accidents, suicide, murder, AIDS and illegal drugs put together. Smoking is a addictive drug this is because it contains Nicotine which is a powerful drug in tobacco which cause physical and psychological addiction in smoking. Nicotine is so powerful that it increases the heart rate and the blood pressure. Cigarette's also contain a chemical called tar which is black and sticky and contains cancer- causing chemicals these are called carcinogens. Tar is very dangerous chemical this is because it clogs up the lungs and the chemicals are gradually absorbed, causing irritation and damage. Another chemical that Cigarette's contain are Carbon Monoxide. This is a very deadly gas this is because it stops your blood from doing it's job which is to carry oxygen to the brain and muscles. If you smoke for a short period of time then you have less chance of serious health problems however if you smoke for a long period of time then you have more chance of having serious health problems. The earlier someone starts to smoke the harder it will be for them to give up later on in life. Teenagers are more likely to smoke because they are influenced from their peers and also if the teenagers parents smoke then they also are more likely to smoke. Another problem with smoking is that when women smoke when they are pregnant. The reason this is a problem is because of the following: * More likely to have a under weight baby* Twice as likely to have a premature baby* A third more likely to have a still born baby* More likely to have a miscarriage. Studies have shown that smokers aged 65 to 74 years old are almost 10 times more likely to die of lung cancer than those of this age group who do not smoke, because of the harmful effects of continuing to smoke even in old age it is important that elderly people consider trying to

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stop. However this may be more difficult for them because the longer a person has smoked for, the stronger the addiction of nicotine. Why do people smoke? Most people smoke because it helps them to lose weight this is because when you smoke it makes you feel less hungry so this way you lose weight, however this is not a good way to lose weight because there are a lot of health risks involved. Teenagers take the drug because they feel that it makes them feel cool however they are not the ones that have to deal with all of the health problems not all the people who think that he or she is cool. How can we stop teenagers from taking this drug? I feel that schools should tell children and teenagers about the risks of smoking and all the diseases that it can give you. This can make a very big difference to the amount of teenagers that smoke. I also feel that parents are the biggest influence on teenagers this is because if the parents smoke themselves then the teenagers are influenced. They feel that if my parents smoke then why can't I. I feel that teenagers should also play a part in all of this as well as the parents this is that they should make sure that they are not getting mixed up in the wrong crowd. Parents should also stop smoking for good because even if the teenager doesn't smoke they still can be affected this is because the child or teenager can breathe in their parents' smoke this is called passive smoking. Also if you smoke you will die earlier than you were supposed to and your health while you are alive will be very bad it will be like dying while you are still alive. If there are small infants in the house then you will be killing them as well as yourself and you may even make them deaf if they are always around cigarette smoke. This woman can have cancer of the mouth, throat and gullet, bronchitis and emphysema, pancreatic cancer, stroke, coronary heart disease, lung cancer, bladder cancer and blocked arteries just because

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she smokes and she can also harm her child by smoking. How it effects you?

Smoking effects you because it lets less oxgen in to your brain and more cardon monoxide which is very bad. It also does the same with the lungs so it is much harder to breath easily. If you smoke for a long time then your liver and kidneys could fail esspesally if you smoke to many at once.